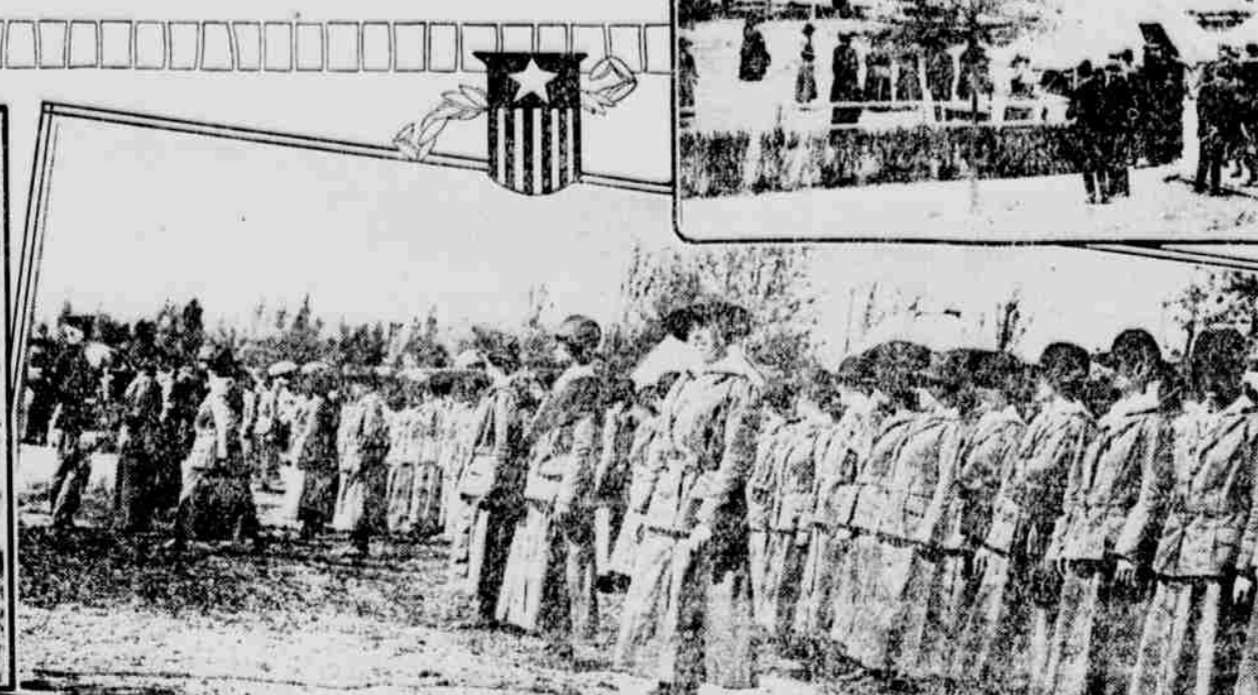
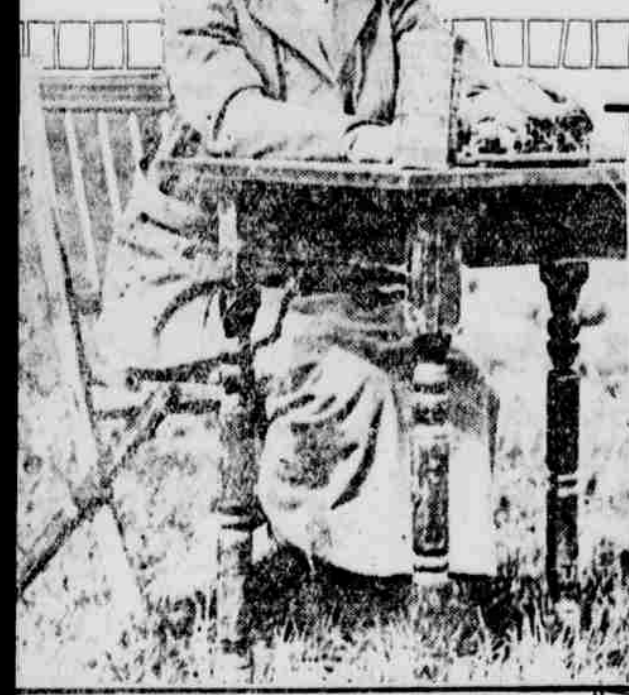


The Military Preparedness of Women



A Fair Telegrapher

How the Women of Our Country Are Preparing for Emergencies In Case of War, and How They Will Be Equipped To Do Their Part Should Their Services Be Needed

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THE spirit of preparedness is abroad. It has not only seized the men who advocate better conditions for national defense who are ready and willing to contribute their part towards it, but it also taken possession of our women. They have learned of the great struggle in Europe, how the men were called upon to take up daily vocations of the men besides performing the duties of nursing and pilot work which usually falls to the lot.

First Military Camp For Women
That is perhaps the first military camp for women in the world was held at Chevy Chase, Maryland. A ground was loaned by Senator Charles McNamara, who is a firm believer in the movement. The camp was known as the National Service camp, and when it opened several hundred young women from various parts of the United States enlisted for a term of two weeks with the privilege of remaining longer if at the end they wished to do so.

A majority of these women were from our best families—girls who were petted social beauties, who had never known anything but luxury and ease, and who were content and eager to accept the hard routine military camp life, to learn something that might be helpful to mankind even if war did not occur, is a

President Wilson Present

President Wilson opened the camp with an address in which he commended the women in their work—paying a tribute to the powerful influence for peace exerted by the womanhood of this country and their self-sacrificing devotion in alleviating suffering during the rigors of war. He spoke of the need of preparedness at this time and said that women as well as men have a duty to perform in being ready to relieve the suffering that must follow warfare. Officers both of the army and of the navy were present, thus giving official endorsement to the preparedness campaign for women. Mrs. Wilson accompanied the President and showed great interest in the work. Hundreds of people prominent in civilian life, too, were present to voice their approval of the movement.

The flag over the camp was unfurled by Mrs. Scott, wife of General Hugh L. Scott, chief of staff of the Army. Mrs. Fletcher, wife of Admiral Fletcher, United States Navy, and Mrs. Barnett, wife of General George Barnett, head of the United States Marine Corps. In this way each branch of our fighting service was represented. All three of these ladies were later actively engaged in camp work. Mrs. Scott became the official

Uniform and Food

The women furnished their own uniforms, which consisted of a khaki Norfolk jacket and a short skirt of the same material worn over bloomers or riding breeches, high, flat-heeled shoes and a campaign hat. Brown flannel blouses were worn on some occasions and white shirtwaists on others. On Sundays white skirts were the order instead of dark ones. No jewelry was allowed. They also paid seven dollars per week board during their training and were given food such as is used for the United States Marine Corps with the exception of a few items being added at certain times.

Military Routine

An organization was effected the first day, when Miss Elizabeth Elliott Fox became the Commandant. She

Soldierettes Lined Up for Drill

was ably assisted by a staff made up from the women in camp. They worked in perfect harmony and surprised their male relatives who did not believe that women had the ability of keeping such perfect discipline among their sex. The girls lived in khaki tents such as are used in the army. The floors were made of unpainted boards and raised about six inches from the ground. The beds were canvas army cots with neither springs nor mattress, but according to the girls this made little difference as they were so tired after the day's work they could have slept on the floor. Each tent was provided with two folding camp chairs, five grey enameled basins, a pail for water and a twelve-inch mirror fastened on the central pole. Imagine one mirror for five girls who must dress in fifteen minutes! All clothes had to be kept in suitcases or hung on the line that ran from the central pole to the outer corners.

The girls were compelled to make their own beds and keep the tent clean both inside and out. The tent flaps were rolled up from 8:30 a. m. to 8:30 p. m. for inspection, which was rigid, for even a hairpin on the floor was regarded as untidy and went on the day's report counting against the soldierettes' camp record. Only camp food was allowed, not even a box of candy being permitted.

At 8:30 the bugle call aroused the campers and at 8:40 the guard raised the flag. The guard comprised young women from one of the four com-

Knitting Between Drills

panies, being changed each day. At 6:45 there was a setting-up exercise which lasted half an hour. Breakfast was at 7:30 and inspection of tents began at 8:30. From 9 to 9:20 there was another drill of twenty minutes, and classes from 9:30 to 12:30. Dinner was served at 12:30, and then came classes from 1:30 to 3:30. These were followed by lectures in the big tent on various subjects relating to preparedness. From 5 to 6 in the afternoon was the recreation hour when visitors were admitted. At 6:30 supper was eaten, and from 7:30 until 9 the soldierettes sang songs or listened to an illustrated lecture. Taffies were served at 9, and taps at 9:30, after which the officer of the day made the rounds of the tent. The lights were all out. This was the daily routine during the entire encampment. The breaking of any of these rules meant a "dishonorable discharge." The girls have had a strenuous time, as on one occasion the dishwashing force failed to put in appearance and the girl-soldiers had to wash the dishes—a rare experience, indeed, for some of them.

Expert Mechanics

The telegraph line was practically put up by the girls themselves, as after

Raising the Flag Over the Camp

the poles had been planted they strung the wires and affixed their batteries, making no mistakes on the positive and negative poles. This class was in charge of B. J. Reel, who declared that in all his thirty years of teaching he had never found pupils who learned so rapidly. In the wigwagging and signaling classes the women showed remarkable aptitude, especially in heliographing—sending signals by flashes of reflected sunlight by the Morse Continental Code.

Diet cooking—instruction in cooking for the sick, was another class that turned out many efficient pupils. This course was especially popular because it is useful knowledge at any time. The classes in elementary hygiene and home care of the sick were also popular. This course was arranged with a particular view to preparing the girls for first aid work. For these lessons there were four large tents with an equipment of sixteen cots for use in the demonstrations.

Red Cross Popular

The Red Cross instructions were, of course, popular, and the girls were taught how to make dressing gowns and bed socks as well as how to dress wounds. The classes used about four

Good Lecture Course

The lectures in the big tent were delivered by well-known authorities on the subjects assigned to them. War and Waste was the subject of Secretary of Commerce Redfield. The Place of the Red Cross in War was delivered by Miss Mabel Boardman, and the subject of The Relation of the Red Cross to the Medical Science was treated by Colonel Jefferson Kean, U. S. A., Military Director of the American Red Cross. Honorable John Barrett spoke on Pan-American Preparedness. Every day there was a lecture by some noted authority. The soldierettes took notes at these lectures and in the examinations at the end of their enlistment these notes were useful.

In speaking of her experience one young woman declared that the work was hard but that during her stay at Chevy Chase she had learned as much about nursing as she could in a year's course in a hospital. "While we may never be called upon to be telegraphers or do signal work in actual warfare, it is a good thing to know even when you are nursing. The diet and hygiene classes are useful in the home as well as first aid," was the young woman's comment.

The Chevy Chase Camp has started the preparedness for women camp ball rolling, and during the summer camps of the same kind will be held in various sections. The women of our country are acting in accordance with the old adage that "an ounce of prevention is worth a pound of cure." Military preparedness for women has come to stay!



Glacier at the Foot of Mt. Rainier

The Great Government Reservation of the Northwest Which Clusters About the Base of the Lofty Mt. Rainier - Its Glaciers, Flowers and Waterfalls.

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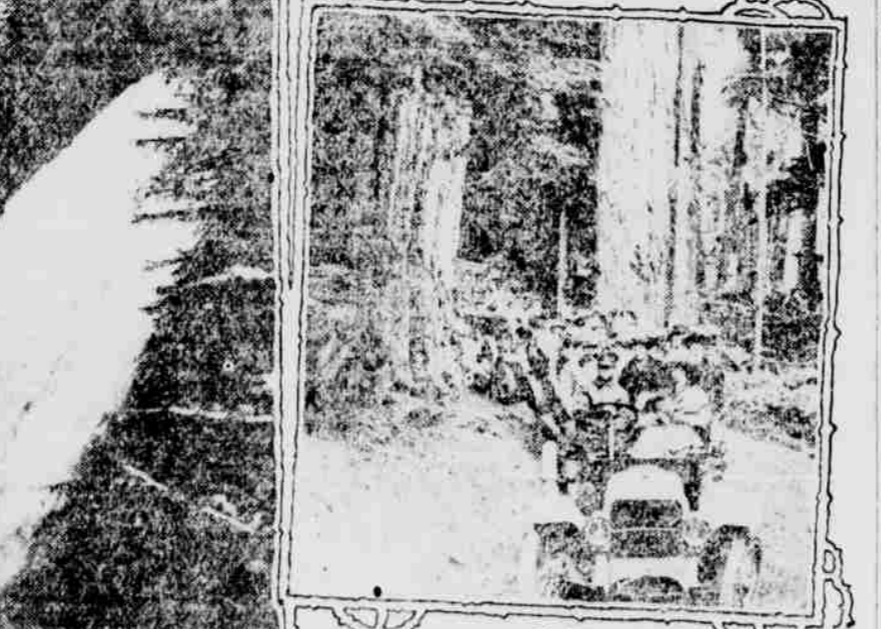
DURING the last few years there has been an awakening on the part of the United States Government to the fact that our country contains in its numerous mountain ranges of the West as much beauty of scenery and as many natural wonders as may be found on the other side of the water. The charms of these mountains are being explored and exploited at public expense and brought to the attention of the American people in the hope of creating a greater desire to "See America First."

Equal to Switzerland

Our mountains are higher, more rugged, cover a larger territory, are the sources of more streams and rivers, and the glacier-covered hills of the Rockies, the Sierras and the Cascades brought within the same area would surpass the Alps in extent, in height and in formation. One of these wonderlands of glacier beauty is Mt. Rainier, the lofty peak about which centers Mt. Rainier National Park, a Government reservation rectangular in shape, covering approximately a territory of eighteen miles square. The park is about fifty-six miles southwest of the City of Tacoma and is best reached by automobile from that city. The ride alone is worth the trip even if one only remains over night.

The highway leads over the prairies or twenty miles and then rises through the timbered slopes and budding Jack pines that mirror themselves in the translucent waters of the many lakes. Great canyons are entered, and the traveler gradually winds his way up the foothills to the eternal snows. The road is a marvel

America's Scenic Wonderland - Mt. Rainier National Park



Road through the Forest

Narada Falls

of engineering skill, and a never-ending delight to the lover of mountain scenery. Finally, one comes in sight of the log gateway through which the visitor enters Uncle Sam's playground set apart for the benefit and enjoyment of his people. The road then plunges into a densely wooded section through which glimpses of the snow-capped Mt. Rainier are obtained. There is a sudden turn in the highway and the National Park Inn and Longmire Springs are in view.

Good Roads

Good roads or trails have been made to the various beauty spots, including the glaciers, waterfalls and flower gardens. The latter are well worth a trip. They lie above the forest and form a circuit about the base of the mountain about two miles wide. There one may wade waist deep amid daisies, columbines, anemones, larkspurs and other mountain flowers. Indeed, these pools grow alongside the glaciers in many places, being nourished by the water from the icy river. They are said to be the richest subalpine gardens in the world.

The park is replete with waterfalls nestled amid the rocks in most picturesque setting, pouring down the mountain sides in the sunlight and

cent snow cliff glistening in the sun-

light like some fairy castle. Just above this rock are the famous snow cups and honeycombs—the bête noir of the mountain climber. These queer formations in the snow are the result of the heat radiated directly to the frigid upper snow which suffer a loss by melting in the sun even while the air remains below the freezing point. The manner in which the sun affects the snow at this point is peculiar. Instead of reducing the surface evenly it melts out many close set cups and hollows out holes a foot or more in diameter which are separated by sharp spires and crests. No water is visible anywhere either in the rills or pools, evaporation keeping pace with the deduction. If the sun's action is permitted to continue uninterrupted for many days, as may happen in a hot, dry summer, these snow cups deepen by degrees until at length they assume the aspect of gigantic beehives several feet in depth. They are most exasperating to the climber after a fresh snow fall as he is apt to sink in waist deep in the honeycombs.

It must be remembered that Mt. Rainier was once a volcano, and the rim of the crater are now covered with snow and ice, and from the crater rim to the bottom are great snow cascades which help to feed the glaciers. Avalanches, however, are nothing like as numerous as they are in the Alps.

Insect Life in the Ice

Another interesting thing about the Rainier glaciers is the insect inhabitants of the ice. One is a species of flea, commonly known as "Spring-tails," so small that they will escape the eye of the average tourist. If one looks closely, however, he will see myriads of these tiny insects wriggling in the ice cavities. They prefer ice to human beings and never molest the visitor. There is also a little dark brown worm that feeds on the organic matter which is blown on the glacier in the form of dust. They, too, are fond of the ice and when the sun is hot they will go into the ice for several feet, remaining there until sunset. The "red snow" is found on the Rainier glaciers. This is due to a plant of a pinkish color which thrives under the ice. Before the cause of red snow was known mountain climbers regarded the finding of it an ill omen.

Paradise Glacier is the tourists' delight, as glaciers may be made here in perfect safety owing to the absence of crevasses. Indeed, this glacier can be traversed in perfect safety from Paradise Park to Cowitz Rocks with out the slightest danger of fissures. Snow-shoeing and Alpine sports can be held here, and in summer the tourist may have his old-fashioned slide and land safely in the level snow at the foot. This glacier is best reached from the Paradise Park camp.

Some of the glaciers contain ice caves, a particularly fine one being found at the lower end of the Carbon Glacier from which the Carbon River issues. Many times the ice caves have sheltered mountain climbers during sudden snow storms which are apt to occur at any time. The majority of persons who have perished on these mountains have been overcome by these blizzard-like storms which are always attended by fierce gales against which it is impossible to hold one's footing.

Snow Cups and Honey Combs

Gibraltar Rock, the greatest obstacle in climbing Mt. Rainier, also comes into full view with its magnifi-



Weird Formations of the Lower Part of the Cowitz Glacier



Near the Summit of Mt. Rainier

The Cowitz Glacier which is crossed during the climb to the summit of Mt. Rainier is one of the most difficult to traverse as the trail is over rough, angular lava rocks and leads to the base of Gibraltar Rock. Any number of glaciers might be described, but one mentioned are the favorite walks of the average National Park visitor.

Food For Climbers

A word might be said to those who come from low altitudes. Mountain sickness is common in climbing Mt. Rainier, and is best guarded against by proper food before starting. Even if one intends only to make short climbs (and it is always necessary to do this if the mountains are to be really enjoyed) heavy food such as fried eggs, fried potatoes or heavy pastry should not be eaten. Coffee and tobacco should be avoided as well. Spirituous liquor of any kind is tabooed except as a stimulant in case of collapse. The best food for the mountain climber is beef tea, crackers, dry breakfast foods, rice, raisins, prunes, dates and tomatoes. Cocoa and sweet chocolate are also favorite foods for those who would enjoy the heights. It is also well to eat often and only a small portion at a sitting. The conventional city diet and mountain climbing are not in harmony. The

Visible for 75 Miles

Mt. Rainier rises to a height of 14,438 feet above the level of the sea. There is an Indian tradition that at one time it was two thousand feet higher, but that the top was blown off during a violent eruption. It is one of the most beautiful mountain peaks in the world and on clear days is visible for at least seventy-five miles. Being crowned with the eternal snow it stands out against the turquoise sky like some mighty monument of the ice age, forming an awe-inspiring picture of Nature's wonders. It is not easy to climb as the low level about its base (between two and five thousand feet) makes the ascent a long and exhausting one and only the seasoned mountain climber should attempt the journey.

The Park is only a few miles off the beaten trail to the northwest, and there is no reason why this place should not be visited by thousands of persons each year. Uncle Sam's playground is open for the pleasure of his children and Mt. Rainier Park is one of the scenic wonderlands of the world.